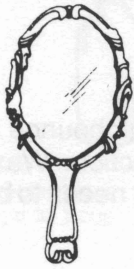


YOU AND YOUR CLOTHES
Personal Appearance

L-1397



WEAR A SHINING CROWN

Beverly Rhoades*

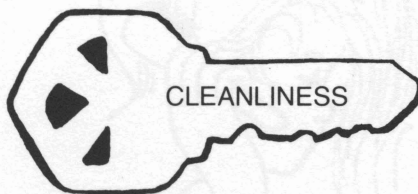
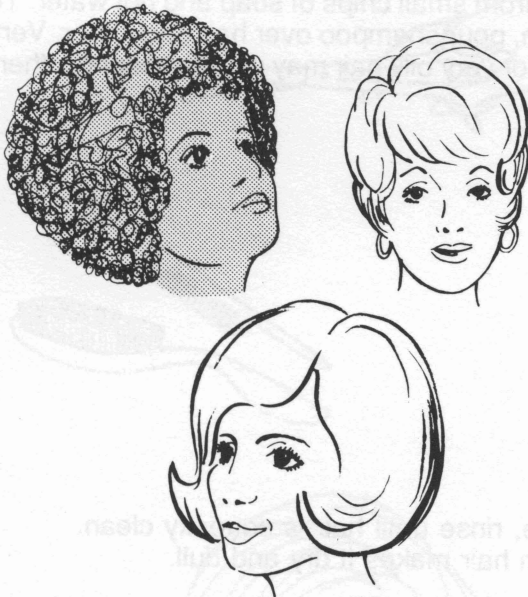


Feel like a queen with your own shining crown. Lovely, healthy hair can outshine any jeweled crown.

Because hair is made up of dead cells, it cannot mend itself. It needs special care to stay healthy. Your hair's health depends on you.

The special care your hair needs is based on the present condition of your hair. Can you identify the condition of your hair? (Check one.)

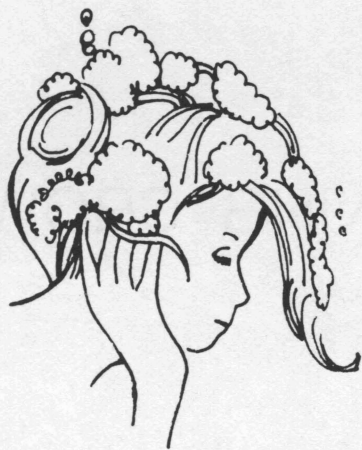
- ___ Oily hair separates into strands soon after washing and sticks together. It needs frequent washing.
- ___ Dry hair, which is often fuzzy and stiff, breaks easily. It needs frequent conditioning.
- ___ Normal hair may be neither very oily or very dry. It has just enough oil to keep hair shiny and healthy.



You may also have problem hair that is over-treated with permanents, coloring or straighteners; that has split ends; or has over-exposed to the sun.

Cleanliness is the key to shiny, healthy hair no matter what the condition of your hair.

*Extension clothing specialist, The Texas A&M University System.



Frequent washing gives hair bounce and body. It also helps prevent infection. Wash hair at least once a week. Oily hair needs to be washed more often.

Two ways to make shampoo



Add 2 tablespoons of detergent to 1 cup of warm water.



Cut up soap chips into a jar of warm water.

Use a mild, inexpensive shampoo, detergent or liquid soap solution, or make your own shampoo from small chips of soap and hot water. To wash, pour shampoo over hair and lather. Very dirty or very oily hair may need a second lather.

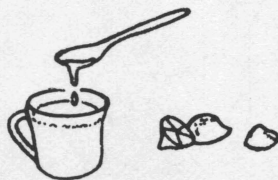


Rinse, rinse, rinse until hair is squeaky clean. Soap left on hair makes it dry and dull.

Two ways to make a rinse



Add 2 tablespoons of vinegar to 1 cup water.



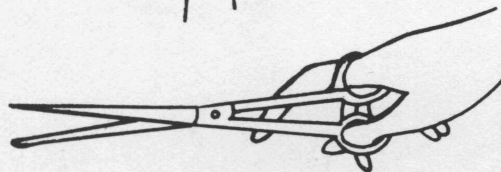
Add 2 tablespoons of lemon juice to 1 cup water.

A creme rinse with conditioner helps to remove the soap film, reduce tangles and make hair soft and shiny. Creme rinses are helpful for dry, fly-away hair. Make your own rinse at home to brighten hair and reduce tangles.

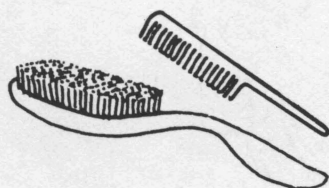
- Use lemon juice and water mixture for normal hair
- Use vinegar and water mixture for oily hair.



Hair may need occasional conditioners to restore oil or moisture. For a home oil treatment, apply olive, castor or safflower oil to hair and wrap head with warm, moist towel. Then shampoo. This is particularly helpful for dry frizzy hair.



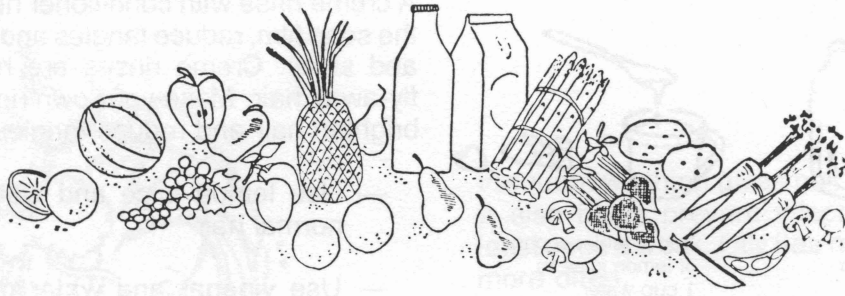
Trim hair monthly to remove "split ends." These cannot be mended.



Before you wash your hair, wash your comb and brush.



Brushing helps to give hair bounce and shine. Brush against the way you wear your hair. Avoid overbrushing oily hair because the action causes the oil glands to produce more oil.



Remember, hair cannot be really healthy unless you are healthy. A good diet includes green and yellow vegetables, milk and milk products, meats and eggs, bread and bread products. Also, get plenty of rest and exercise.

Wear your crown of beautiful hair like a queen
— with pride!



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